



## *Ways Women Orgasm*

*By Jane Thomas*

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### **1) Many women who talk about sex in public promote EASY orgasm**

So people are often confused by my work because I am talking about a LACK of orgasm. They assume that everyone is silenced by the same **embarrassment** over the idea of **sexual inadequacy**. And they assume women just fake orgasm and keep quiet.

### **2) The fact is that women who ALREADY orgasm don't need orgasm advice**

Orgasm advice is aimed at women who DON'T orgasm. So I explain why women don't orgasm when they think they should and also how they can enjoy sex without orgasm.

### **3) Personally I learned about orgasm through masturbation**

I know precisely how to orgasm because I have **masturbated regularly** since the age of seventeen. It's just that until late middle age I had no response to being stimulated by my partner. Even now intercourse does not provide the stimulation I need for orgasm.

### **4) But that does not mean that I do not enjoy sex**

**Even when orgasm is missing** from sex a woman can still appreciate **sharing fantasies** and **exploring stimulation techniques** with a lover. My conclusion is that sexual activity (either alone or with a lover) can be **highly pleasurable**; just **in different ways**.

### **5) So I make the best of the pleasures to be had with a partner**

During masturbation I enjoy getting turned on by **sexual fantasies** and the sensations of **release and relaxation** that come with **orgasm**. During sex I enjoy **pleasuring my partner** and the more **sensual and emotional** rewards of a sexual relationship.

## *Differentiating between fact and fiction*



- Pornography is intended to assist with male arousal by reflecting male fantasies
- Pornography does not portray how real women truly orgasm in real life

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### **1) Where does our sexual knowledge come from?**

What we call 'sex education' involves explaining how a **man impregnates a woman**. But where do we learn about **sexual pleasure** as opposed to the reproductive facts? The erotic images and descriptions from **fictional media** (books, magazines & films) far outweigh any more **accredited and educational** sources of sex information.

### **2) So our sex education comes from fictional sources aimed at arousal**

Even sexual discussions tend to be dominated by male interest. But few adults are aware of the research findings and so they do not realise how women truly orgasm.

### **3) Men love discussing female orgasm because it is such a turn-on for them**

But how can a man be an expert in something he has never experienced **first hand**? Men are only ever **observers**. Since many women fake orgasm, men's observations are not truly **evidence** that women are really responding as men would like them to.

### **4) So when I found no answers I realised I need to do my own research**

My site WWO includes stories from the women who were brave enough to talk to me about their experiences of sex and orgasm. These real life accounts of orgasm are very different to those we **ASSUME** women have from what we see in the **media**.

### **5) Let's be clear: there is nothing wrong with fantasy**

But we should not confuse fantasy with sex education that is **backed by research**. Orgasm advice needs to relate to real life by differentiating between fact and fiction.

## *Bravado and faking orgasm*



- No one admits to sexual experiences in public that are unappealing to the opposite sex
- So women's sexuality (or the experiences they will admit to) seems to align increasingly with male expectations over time

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### **1) It's not just porn and erotic fiction that give us unrealistic expectations**

Women who talk about sex in public (including internet forums) do not represent the average. By enthusing about sex women enhance their sexual attractiveness to men.

### **2) I have found that my own sexuality is nothing like that portrayed by the media**

So my work builds on that of Alfred Kinsey and Shere Hite because, unlike other researchers who assume that real women should respond as portrayed in fictional media, they presented a more realistic picture of women's sexual responsiveness.

### **3) Kinsey and Hite surveyed many hundreds of women**

Kinsey asked detailed and explicit questions that allowed him to assess women's answers objectively. This approach enabled him to differentiate between women who bluff about orgasm and those who can provide explicit details of how they achieve it.

### **4) What women say anonymously and in private is different to the public image**

Hite found that women are often unsure about whether they experience orgasm with a lover. While other women are confident that they do not orgasm with a partner.

### **5) Unrealistic expectations about orgasm stop us making the most of sex**

My site includes quotations from researchers and also from experts who support this official research. I want to help couples differentiate between fact and fiction so that they can get more out of their sexual relationship and I want to **re-define** women's sexuality in terms that the **average woman** might reasonably hope to experience.

## *Lack of information about sexual pleasure*



- Modern day sex information advises on contraception, sexual diseases and pregnancy
- There is very little information that explains how women enjoy sexual pleasure and orgasm

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### **1) Unfortunately bravado prevents people from sharing and learning**

When I have approached others with questions about sex I have found that even experts are unable to discuss orgasm in explicit terms. Women offering advice take a **patronising** stance by **trivialising** the problems that others encounter with orgasm.

### **2) How on earth can you advise on a problem you have never had?**

Even people who advise on orgasm **rarely admit** to having difficulties themselves. There is tremendous **taboo** associated with any hint of **sexual inadequacy**. And so most people react **defensively** rather than **supportively** when a woman, like myself, is brave enough to admit that she has ever had a problem with orgasm during sex.

### **3) The core problem is that ego is incompatible with helping others**

Unlike other experts I'm not telling women that orgasm happens 'naturally' and easily. The research indicates that women are naturally less responsive than men are.

### **4) So why do women feel the need to imply that they are orgasmic?**

Some people prefer to think of sex as an **emotional** experience rather than a set of specific techniques. So women are comforted by the idea that orgasm 'just happens'. But this approach does not provide explanations for women who miss out on orgasm.

### **5) Unfortunately too few women are willing to be explicit**

There is currently a huge gap in the information available to women. I provide explicit explanations for women's orgasm techniques to help women who do not orgasm.

## *My research work*



The discussion of women's sexuality on WWO involves:

- Observing how women behave in sexual scenarios
- Using the research findings to interpret this behaviour
- Presenting a conclusion that is both logical and consistent

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**1) Research only has value if it can explain women's behaviours in the real world**  
I use **logical reasoning** to interpret the research findings and I use them to explain women's **responses** (of arousal and orgasm) and their conscious sexual **behaviours**.

**2) I look at men's orgasm techniques compared with women's**  
Men don't generally have orgasm problems. This is because they stimulate the **same anatomy** whether they engage in masturbation, oral sex or intercourse. In addition male turn-ons are easy to identify while **female turn-ons are much less evident**.

**3) I look at female masturbation compared with intercourse**  
As a virgin I was immediately struck by the difference between intercourse and masturbation. When women masturbate they stimulate the **clitoris**. But I have found that oral or manual stimulation of the clitoris does not work as readily with a lover.

**4) I even contrast lesbian and heterosexual lovemaking techniques**  
Sexual orientation determines erotic turn-ons (whether we are aroused by the same sex or opposite sex). It should not logically change the anatomy that is involved in how women achieve orgasm. Notably lesbians focus on the clitoris not the vagina.

**5) I provide realistic information for people who want practical solutions**  
My visitor numbers are steadily growing and some visitors return many times. I am so grateful to those who comment on my stories and who highlight some of the key messages. I would like to see more women volunteer to share their experiences.

End of  
presentation

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Thanks for being  
a great audience!