

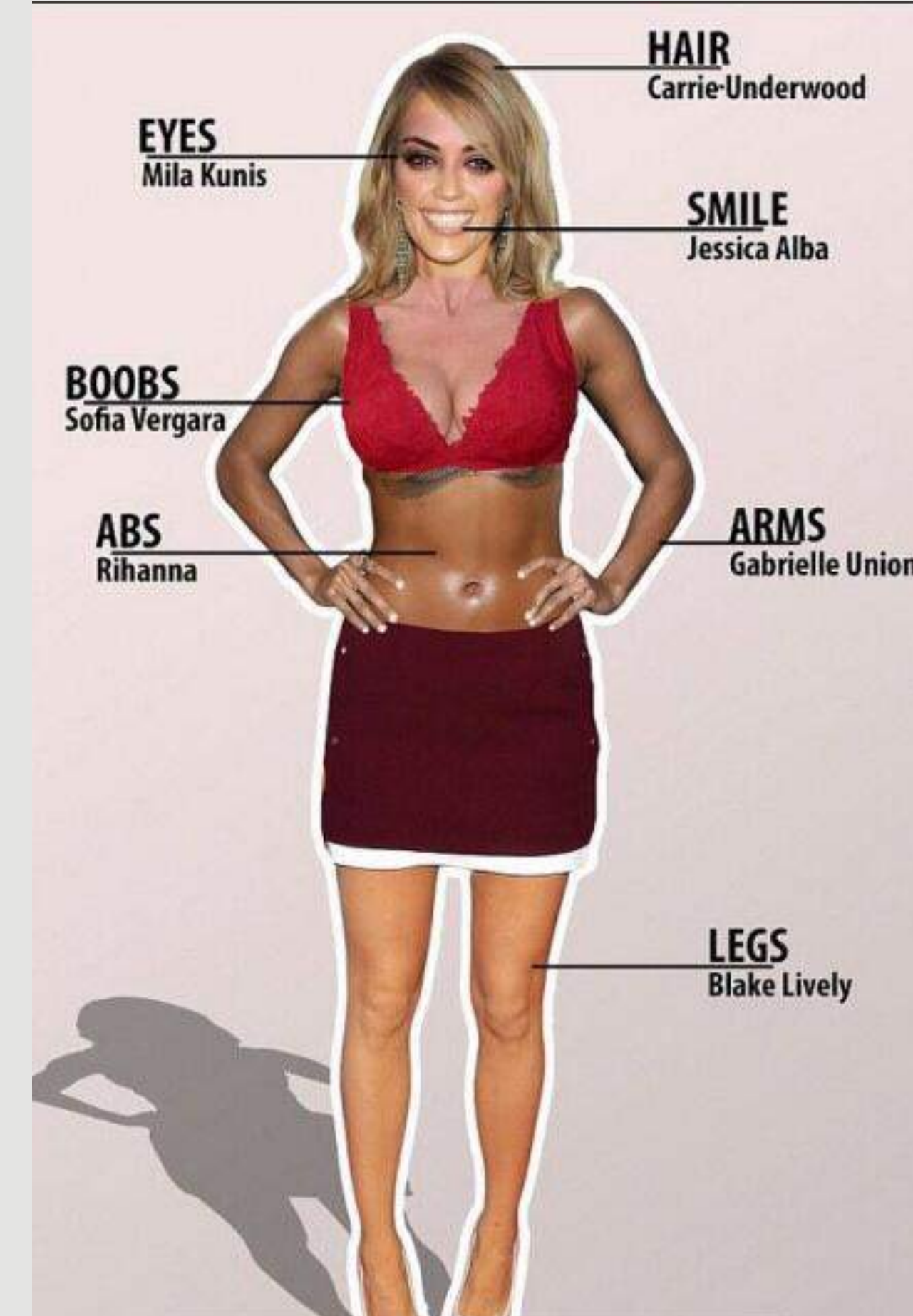
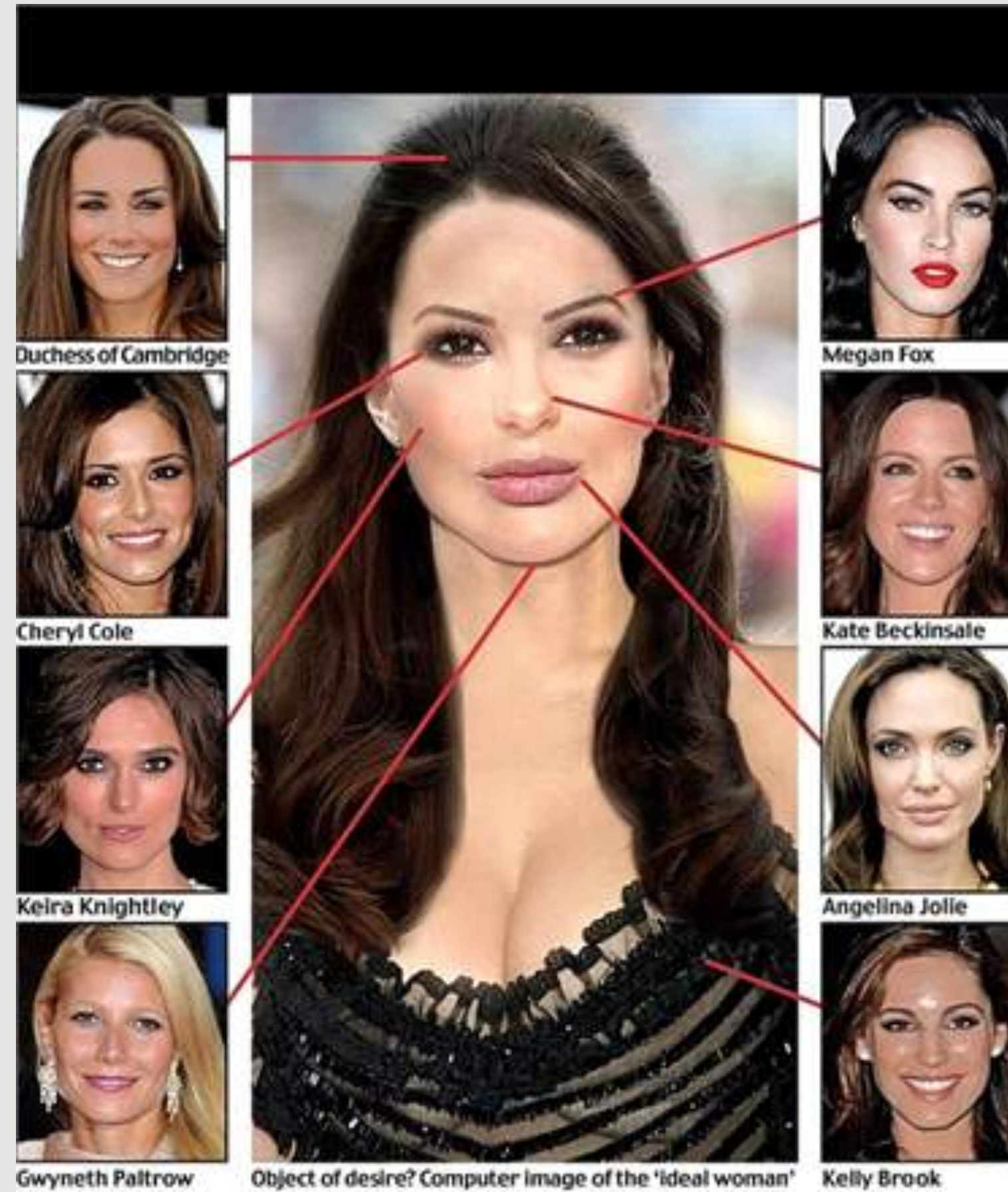


Female pleasure; Closing the **orgasm gap**

#siggadoggsexologist



- Do women need perfection in order to enjoy sex?
- Do men need the perfect woman?
- What is perfection?
- Is perfection skin deep or within?
- For whom is perfection?
- Do you have to be desired to feel desirable?



The current sexual script for women

- Want sex, but not too much of it or too often
- Be bi-curious, not bi-sexual
- Have sex, but not with too many partners
- Orgasm, but do not touch yourself to do so
- Be sexy, but not slutty
- Love your vulva, but do not look at it or talk about it
- Know that sex = penetration penis-vagina
- Your body does not control the amount of time spent having sex
- Your pleasure is not your responsibility
- Your sex is a performance for your partner
- You are responsible for your partners arousal and pleasure

Sex myths

- Women take longer time to get aroused
- Women experience less sexual desire
- Women are hard to please sexually
- It is difficult for women to orgasm
- Women do not need to orgasm to enjoy sex



Stephanie Sarley

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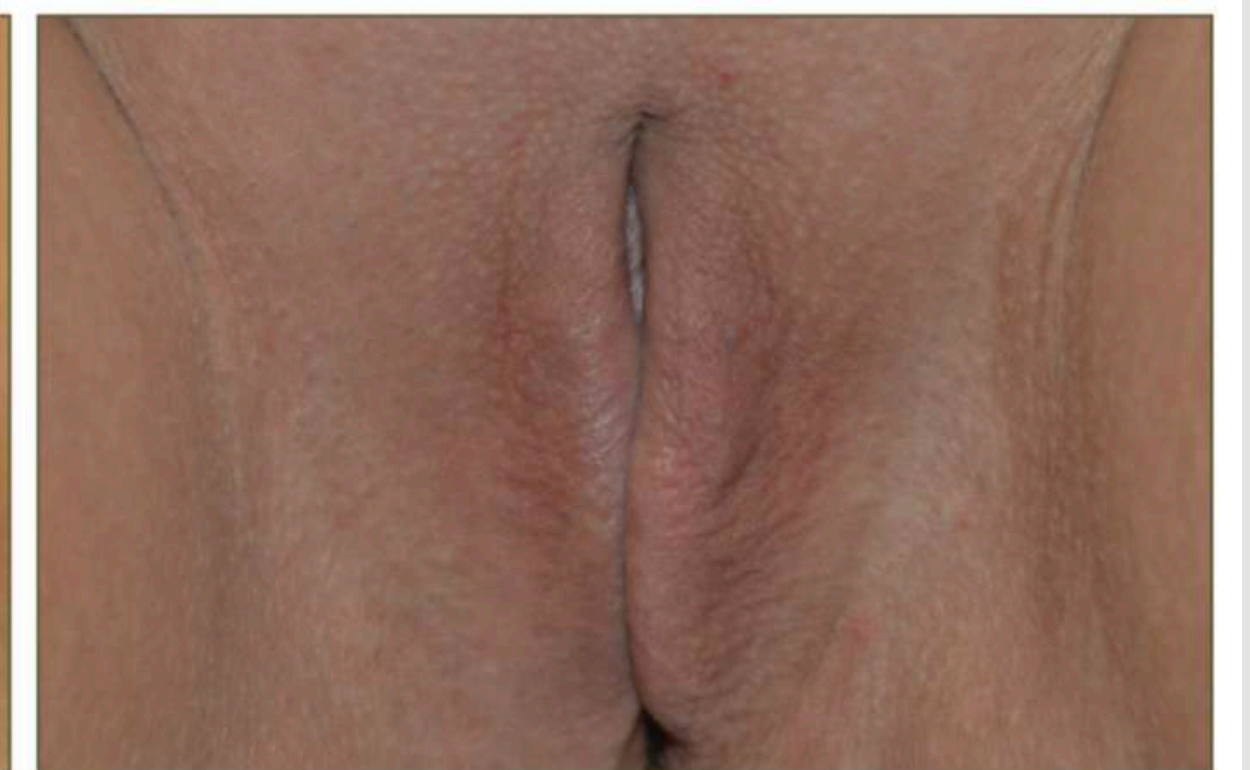
MODEL

HYMENOPLASTY MIAMI

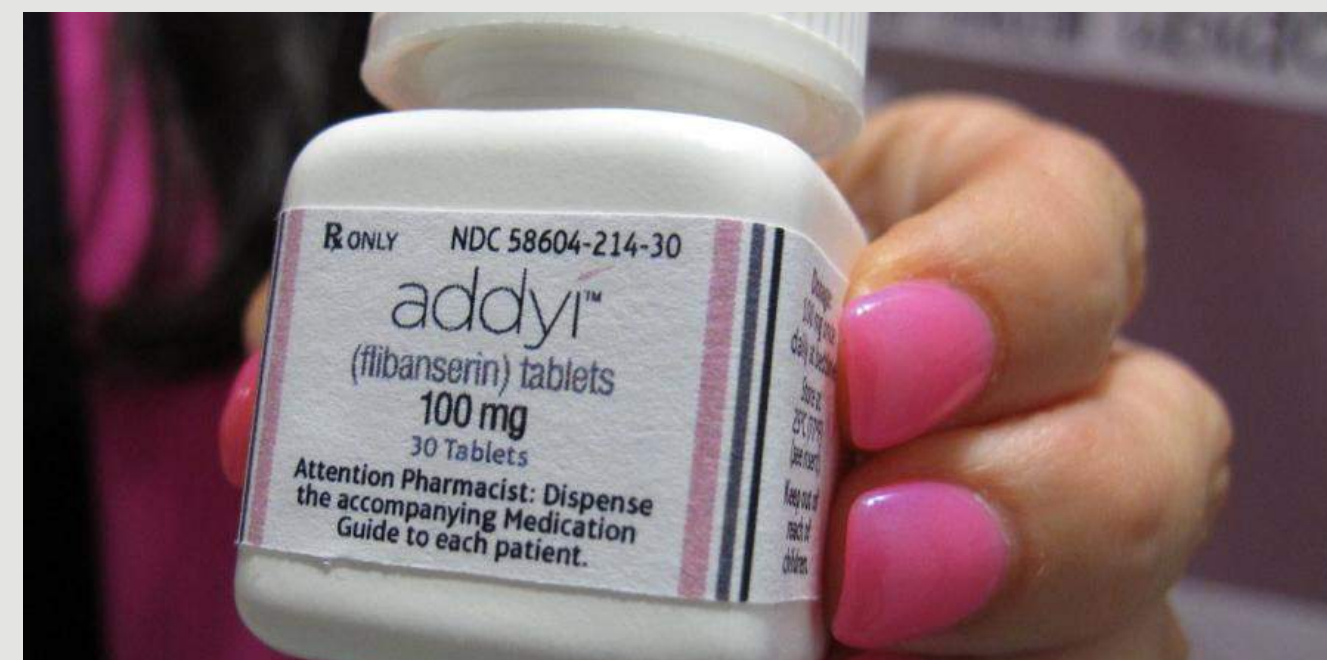
Hymen reconstruction surgery, known as Hymenoplasty, repairs and recreates the hymen membrane back to a "pre-sexual" state.



B E F O R E



A F T E R



Blasts from the past

- What are women's past experiences with sex?
- What expectations do they have of sex?
Either by themselves or partnered
- Everyday occurrence of sexual harassment, sexual double standard, reinforced gender stereotypes and negative genital and self talk...*the cumulative effect*
- How loaded is each sexual situation?



Ripple by jiyuseki

Can you love sex and not your body?

- How do women feel about their body?
- How does the body relate to sex?
 - Appreciation vs BMI
 - Mind-body connection
- Can the mind override the reality of the body?
- Do you have to desire your own body to be capable of desiring someone else's body?

“When a girl or woman experiences orgasm and comes to see her body as a source of pleasure, it's natural for her to develop positive feelings about her body.”

Great expectations

- What kind of sex do women expect?
- Do women own their orgasm or is it a function of their partner?
- Who's responsible for the female orgasm?
- Is partnered sex a female performance?
- Should women settle for good sex and not expect orgasm?



When is sex good for women?

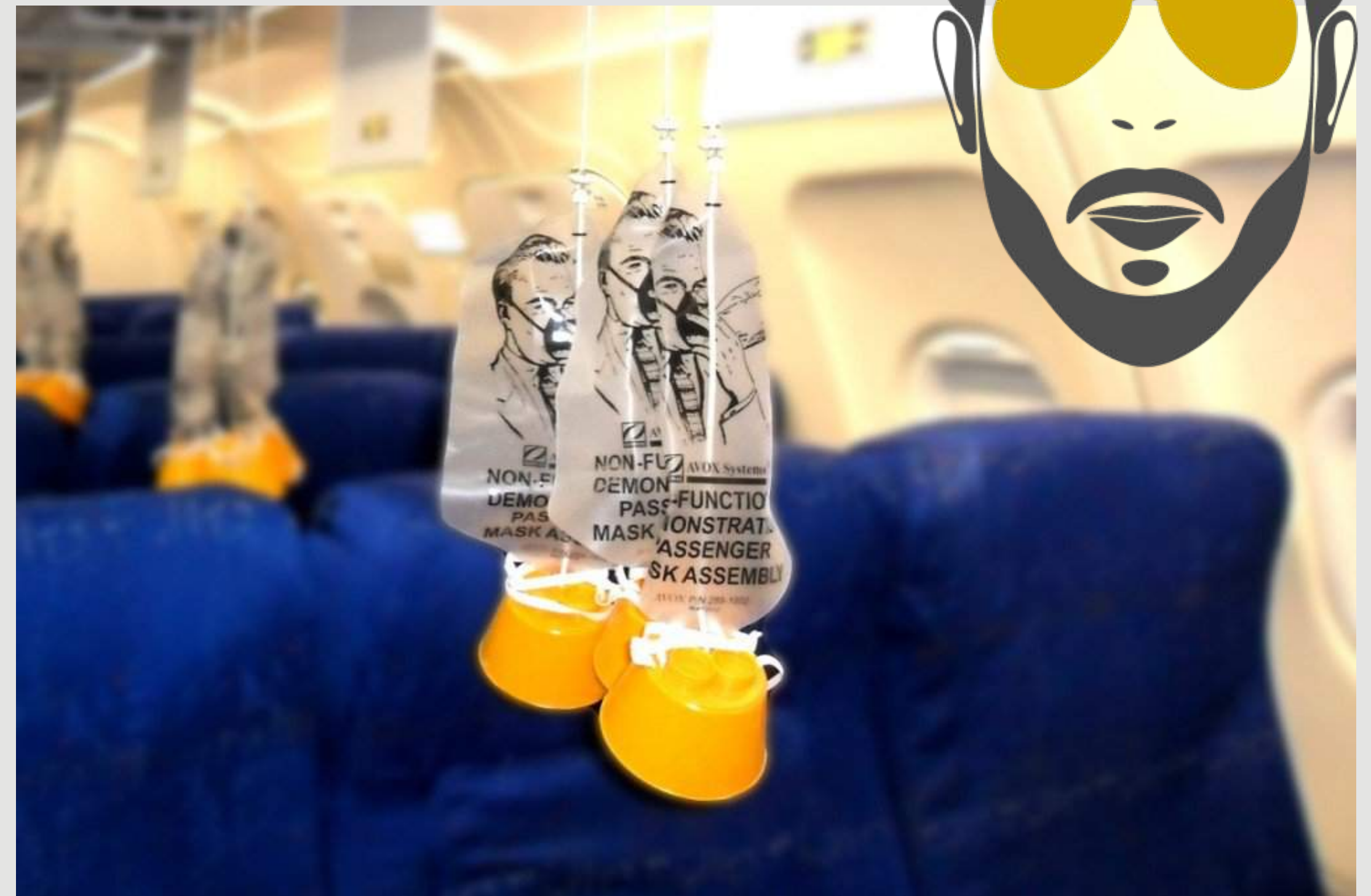
- According to research
 - In relationships (the intimacy fallacy)
 - With other women
 - With lube
 - With direct stimulation of the clitoris

Intimacy fallacy: women require intimacy from their partner in order to experience sexual pleasure and desire.

But the truth is that women need to feel safe, and secure of their sexual agency, to fully enjoy sex.

Masturbation

- Do girls have permission to touch themselves?
- Masturbation is not about frequency but **quality**
- Does desire turn you on, or do you turn on desire?
- Do women have the mental space to masturbate and experience pleasure?
- Are you taking care of *you* ?



Pain & Pleasure

- What happens when the brain expects pleasure? Or pain?
- Does pleasure = orgasm ?
- Does lubrication = desire ?
- What kind of sex causes women pain?
- Can there be intimacy without intercourse?
- Is there a difference between emotional expectations of pain and physical experience of pain?



Rewriting the sexual script

- Sexual agency
- Freedom to innate sex, fantasies, masturbate, orgasm, give and withdraw consent, and, to not have sex
- Deconstructing the definition of sex
- Pleasure by own stimulation
- Lube
- Protection and safety





- Icelandic vulvas, various genders, age and orientation
- Free to use in sex education format
- Just remember to credit Sigga Dogg sexologist



Takk fyrir Questions?

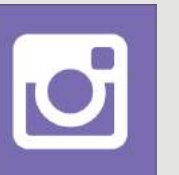
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