

The problem of the “orgasm gap”:

The term “orgasm gap” has been coined to name the different frequency with which women and men orgasm during heterosexual intercourse. There are several factors that influence the easiness (or likeness) to reach sexual climax, such as stress, sexual attraction of the sexual partner, environment, and stimulation (physical or psychological). But considering the whole picture, numbers are clear: for every 3 times that men orgasm, women only do it once, 95% percent of men (heterosexual and homosexual) always orgasm, with a respective 65% of heterosexual women and 85% of lesbian women. Given this different frequency of climax between genders and sexual orientations, it may seem appropriate to assume that, although there may be some biological difference, there is also a cultural one, and similar to the share of household chores between men and women. The orgasm gap is linked to several facts that define both feminine and masculine sexual behaviour: The focus on male pleasure on the vast majority of porn films, which are the first contact that most teens have with sex; the general view on oral sex, with more young women performing oral sex than young men, and earlier; or even something as personal and individual as masturbation, which women do less frequently than men. The lack of good quality sexual education only enhances this problem: Self-knowledge and self-confidence (which is affected by the social pressure over physical appearance) and communication between partners are factors that lead towards better sexual relationships and, then, higher chances of reaching climax. By encouraging women to know themselves and masturbate, and men to get more involved into women’s pleasure without considering it boring, difficult or even gross, and including effective communication between likes, dislikes, dos and don'ts, chances are that the Orgasm Gap can begin to close.