

# THE FEMALE

by Rikki Kite

## A peek under the hood of the elusive female orgasm

Betty Dodson recently taught an 80-year-old woman how to masturbate and have an orgasm. The woman's husband died five years ago, and even though they had a long, loving sex life together, she had never experienced an orgasm.

This elderly woman is in good company. The majority of KU women will not experience an orgasm before they graduate, but what they may not realize is that they hold the keys to climax in their own hands.

Dodson has been a sex educator for decades, creating erotic art in the '60s, advocating women's sexual liberation in the '70s, holding "Bodysex Groups" as a sex therapist in the '80s, and now she has a Ph.D. in Sexology and provides hands-on, private sessions with women to help them achieve orgasms. "How can we expect men to know what we like when we have a different set of genitals than they do?" Dodson says.

Forget about the myth that the right partner will come along and send you to the moon with his sexual prowess. Women must learn about their own sex organs, Dodson says, and what it takes to turn them on is different for each woman.

The key is that women orgasm from clitoral stimulation, she says. "We maintain the old sex myths and fake orgasms and let men think that we come from our vaginas, but we don't," she says. Climaxing can happen in different ways with a partner, like various sex positions, touching and stroking the clitoris or oral stimulation, but before she can even begin to show a partner what she

wants, a woman needs to be able to get there on her own.

"A handful of women come from their vaginas," Dodson says, "but the majority do not." Vibrators may help a woman achieve orgasm, but even with these handy tools, it may take

some hands-on experimenting, she says. If you need to, take a vibrator to bed with you and your partner, she says. If your partner is turned off by what gets you off, Dodson suggests you tell your fellow, "Look buddy, this is what

turns me on. You want to look at *Playboy* and jerk off, and I want to use my vibrator on my clitoris."

Ali, St. Louis junior, says that she's never had an orgasm, a fact that bothers her partner. "Men have been taught that it's their job to give women orgasms," says Dennis Dailey, professor emeritus and marriage and sex therapist. "Do men give women orgasms? Hell no. They are in the area when they happen. Guys, it's not your job to give women orgasms," Dailey says.

This isn't to say that a partner plays no role in helping a woman have an orgasm. Women need to be more willing to say exactly what they need, and their partners should be willing to follow some directions, Dailey says.

Studies indicate that about 99 percent of male students will have had orgasms by the time they graduate, compared to about 30 percent of their female counterparts, Dailey says. But he'd prefer that every KU graduate walks down the Hill with the ability to give him- or herself an orgasm. Some of this disparity between our ability

**HOW CAN WE EXPECT MEN TO KNOW WHAT WE LIKE WHEN WE HAVE A DIFFERENT SET OF GENITALS THAN THEY DO?**  
— BETTY DODSON, SEX THERAPIST AND EDUCATOR



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ILLUSTRATION/CATHERINE COQUILLETTE

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to have orgasms can be explained by our roles in evolution, he says. The male orgasm is programmed for procreation, whereas the female orgasm is just for fun.

People could all be having a lot more fun, though, if it weren't for the social pressures around them. The pressure for men to make their partners climax combined with the pressure for women to reach climax during intercourse is a climax-killing combo, Dailey says. "The idea of two human beings having orgasms at the same time is biologically ridiculous," Dailey says. But

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on the off chance this should happen between two lovers, "They're fucking lucky." When it comes to helping a woman climax, size really doesn't matter, particularly since most women climax because of some form of clitoral stimulation, he says.

What about the G-spot? "It's generally a male construct," Dailey says. "It's men hunting for a new place on women for them to tweak, and they get the credit for making them come."

Guys, this is really good news for you — your girl is behind the wheel of her own orgasm, and you can for-

get about performance and just enjoy the ride. However, even though you aren't actually in the driver's seat, this is a situation when asking for directions could help you — and your partner — both get there. You probably won't arrive at the same time, but when it comes to orgasms, it's as much about the ride as it is the destination.

#### ADDITIONAL RESOURCES

**Dennis Dailey's Human Sexuality in Everyday Life class at the Ecumenical Christian Ministries**

<http://groups.ku.edu/~ecmku/hsel.shtml>

**Betty Dodson's Web site**

<http://bettydodson.com>

**Sex for One**

by Betty Dodson, Ph.D.

**Orgasms for Two**

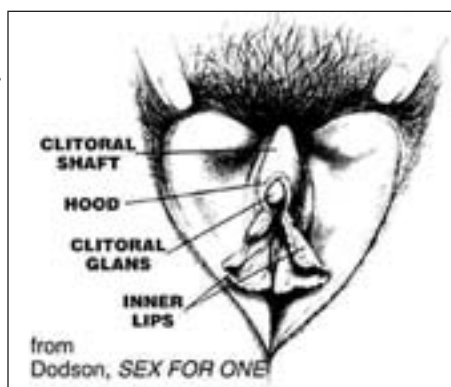
by Betty Dodson, Ph.D.

**For Yourself: The Fulfillment of Female Sexuality**  
by Lonnie Barbach

**Becoming Orgasmic**

by Julia R. Heiman, Leslie LoPiccolo, and Joseph LoPiccolo

Get to know the female anatomy.



## RECIPE OF THE WEEK

### CHEESY BROCCOLI SOUP



Getting goose bumps every time you step foot outside? It's time for a steaming bowl of soup to alleviate your chilly-weather blues. Just make sure you've got these essentials in your kitchen:

- 2 cups water
- 1 teaspoon chicken bouillon granules
- 1 16-ounce package frozen chopped broccoli, thawed
- 1 medium onion, chopped
- 1/4 cup butter or margarine
- 3 tablespoons all-purpose flour
- 1 cup milk
- 1 pound process American cheese, cubed

Boil water and bouillon in a saucepan. Add broccoli, reduce heat and let simmer for three to four minutes. Meanwhile, in another saucepan, sauté onion in butter until tender and whisk in flour. Add milk and cheese and cook on medium-low until the cheese has melted. Drain all but 3/4 cup liquid from the broccoli mixture and combine with the cheese mixture. Serves four.

Recipe provided by [allrecipes.com](http://allrecipes.com), submitted by Jo Maasberg

■ Rachel Parker



#### health tip

### DON'T WASH YOUR HAIR EVERY DAY.

Not washing your hair every day could be beneficial to sustain your hair's nutrients. For both men and women, shampooing and conditioning three times a week is sufficient to keep hair healthy, says Bri McClure, stylist at Absolu Salon and Spa, 3727 W. Sixth St. Washing takes out natural oils, which moisturize during dry months,

she says. These oils are also essential for preserving color. If you want to keep your natural greases but are worried about sporting oily hair, try wetting it down on days you don't wash it and massaging the scalp to get rid of shine.

■ Rachel Parker

# TOP 5

## Most missed fashion trends from childhood

### 3. JNCO

"I really liked making fun of the kids who couldn't keep their pants up."

— Ryan Northup, Edmond, Okla., junior

### 2. Stirrup Leggings

"They were comfortable, and your pants never rolled up."

— Carrie Ferando, Albuquerque, N.M., junior

### 1. Scrunchies

"They were a really good way to accessorize your outfit. There were so many styles, and if your shirt was too long, you could use it to tie it to the side."

— Lauren Rowland, Wichita junior

### 5. Side Ponytails

"You weren't cool unless you did it."

— Erica Seger, Newton junior

### 4. Carpenter Jeans

"They were pointless, and no single carpenter actually wore them."

— Ray Wittlinger, Olathe junior

■ Megan Heffley

## TWO CENTS: ADVICE ON LOVE AND LIFE

### Can a man and a woman be just friends?



"YES, IF THEY DON'T WANT TO GET ON EACH OTHER. YOU DON'T WANT TO GET ON HER IF SHE'S UGLY."

— BRAD TODD, SENECA FRESHMAN



"ABSOLUTELY NOT, UNLESS THEY HAVE BEEN FRIENDS SINCE THEY WERE REALLY YOUNG. GUYS AREN'T LOOKING FOR GIRLS TO JUST BE FRIENDS WITH AT THIS AGE."

— KAYLA GALE, GOLDEN VALLEY, MINN., JUNIOR

■ Lisa Anderson

## MIND YOUR MANNERS

Just because you started a tab at the bar, doesn't mean you can skip on the tip. Jason Supernaw, bartender at Red Lyon, 944 Massachusetts St., says he's had multiple tips of only \$2 on a tab of \$100. And he's not the only one. Greg Levy, bartender at Henry's on Eighth, 11 E. Eighth St., says drinkers open

tabs, and at the end of the night leave him about a 2 percent tip, he says. Round out your karma by rounding up the tip the next time you're fumbling with your receipt at the end of the night.

■ Erika Bentson

## DID YOU KNOW...

Some antibiotics and vitamins interfere with the effectiveness of oral contraceptives. If you're taking multiple medications at the same time, it's harder for the body to absorb all of them as it normally would, says Cathy Thrasher, pharmacist at Watkins Memorial Health Center, 1200 Schwegler Drive. If you don't want to get pregnant, be sure to tell your

doctor and pharmacist if you are taking other medications and use backup birth control until the antibiotic gets out of your system, Thrasher says.

Ask your doctor when it's all right to rely on your birth control again.

■ Erika Bentson