

## Male vs Female Sexuality – MYTH BUSTER

In groups, identify which statements are TRUE or FALSE. Take approx. 15 minutes to fill in the sheet and be prepared to justify your answers.

Statement:	Write (T) for True statements and (F) for False statements:
1. Males have more testosterone, so want/need to have more sex than a woman.	
2. The only way for an individual to orgasm is through penetrative sex.	
3. A woman's vagina gets deeper when she is sexually aroused, which is the physical equivalent of a man's erection.	
4. Masturbation is good for you.	
5. Only males should/do masturbate.	
6. If a man doesn't make a woman orgasm, it means he's a bad lover	
7. How 'wet' a woman and how erect a man is shows how aroused they are.	
8. Sex doesn't have to be painful the first time you have it.	

Notes:



Answers up for discussion:

1. FALSE. Males do have more testosterone but that does not mean they need or want more sex than a woman. Sex drive / libido is completely unique to individuals and testosterone is thought to be only one component of that – women have testosterone too, they also have estrogen which contributes to their sex drive. “Several studies found **no difference** in testosterone levels in women who have high levels of desire and those diagnosed with a desire disorder. Despite this finding, women continue to request testosterone as a treatment for low desire, and doctors continue to prescribe it – often based on lab tests that erroneously use male levels of testosterone as a marker for what normal levels of that hormone should look like in a woman’s body” (Newer, 2016).
2. FALSE – any gender can orgasm without penetrative sex. Only 18% of women actually orgasm from penetrative sex alone. There’s no shame in this. The clitoris is a big part of stimulation.
3. TRUE – when a woman is sexually aroused, there are physical reactions equivalent to a male erection – most are internal. A woman’s vagina gets deeper, and the cervix opens to allow more space inside for a penis. The Great Vestibular Glands may secrete fluid to aid with vaginal lubrication, this can be different for all women however. The clitoris and labia may become enlarged as well during sexual arousal.
4. TRUE – masturbation has proven health benefits. The stigma around masturbation being ‘wrong’ is outdated.
5. FALSE – It is perfectly natural for both men and women to masturbate.
6. FALSE – There are many reasons why a woman may struggle to reach orgasm. The most important thing for sexual partners to do is discuss likes and dislikes and external factors that have nothing to do with sex i.e. stress, which can impact how ability to become aroused.
7. FALSE – the vagina’s natural lubrication doesn’t actually represent how the woman may be feeling. She may be ‘wet’ but not in the mood or she may be really into it but her body hasn’t produced enough natural lubrication to have pleasurable penetrative sex. It is the same with a man. Just because he has an erect penis does not mean he wants or is ready for sex. It is always a good idea to have a lubricant on hand as this will make sex more pleasurable for both parties. Always talk to your partner about how they are feeling and do not take how ‘wet’ a woman or how erect a man is for indication that they are ready for sex. It is the same with a man. Just because he has an erect penis does not mean he wants or is ready for sex.
8. TRUE – sex shouldn’t be painful. The accepted norm that it will hurt, especially for women is an ideal we need to move away from. As long as there is enough lubrication and things are taken slowly and with care, there is no reason why sex for the first time should be painful. Sex for the first time can be enjoyable.

References:

- Newer, R. (2016) *BBC Future*. Available at: <https://www.bbc.com/future/article/20160630-the-enduring-enigma-of-female-desire> Accessed: 02/04/22.