

Rumor has it...



Dr. Limor Blockman-Michelman
Sex Educator & Counselor

Urban legends...aren't they great? We all appreciate a good story, especially when it comes to sex.

In a British study encompassing 59 countries, some of the leading sex myths were finally shattered.

raising a teenager? The study shows that the age of "the 1st time" hasn't changed in the last decade and still levels around 15-19, The age of first sexual encounter varies and highly influenced culturally, hence, in England it will be at 16.5 for boys and 17.5 for girls, while in Indonesia women lose their virginity at 18.5 and men not sooner than 24.5!!!

Tying the knot? Married couples are having sex more frequently than their single friends, in the same age bracket .Another study result shows that western females share a similar number of sexual partners with their male counterparts, hence, an average number of 5 partners, regardless of gender. On the other hand, men residing in Kenya or Haiti enjoy multiple sexual partners while women settle for one.

10 myths that will live forever...

1. **Myth-** there's no risk of conception from creative sex positions (excluding missionary position)

Truth- the sperm is an Olympic swimmer with only one goal- to find the "most attractive" egg and fertilize it. A sperm can swim in any direction.

2. **Myth-** intimate wash is a good way to fight infection.

Truth- The vagina is very different from other parts of the body and has its own cleaning mechanism that also maintains a balanced PH. Using intimate washes interferes with this delicate balance and thus "promotes" infections.

3. **Myth-** Coitus interruptus is a safe contraceptive choice.

Truth- the exotic term- coitus interruptus, AKA withdrawal or the pull out method. Men produce a pre-ejaculatory fluid at any stage during intercourse which could be a wonderful fertilizer as well. Be aware!

4. **Myth-** herpes is contagious only during outbreaks.

Truth- The herpes virus is mostly contagious when there are visible symptoms of an outbreak, but also in the viral shedding period, thus, a condom should be used for maximum protection.

5. **Myth-** sex toys are addictive.

Truth- the top "male conspiracy"In fact, if a woman uses a stimulator regularly, she can reach a lower threshold by either using it as a "sidekick" during intercourse, or by taking a short break of use. It takes two, baby...

6. **Myth-** lubrication is unnecessary.

Truth- vaginal fluids are influenced by: menstrual cycle, pregnancy, age, medication, etc' and thus the use of lubricants is highly recommended regardless of a woman's state. Lubricants should be water based only!

7. **Myth-**size matters.

Truth- probably the oldest myth in the book...a recent survey reveals that women tend to complain about excess size than the lacking of it....

8. **Myth-** masturbation is negative and might be addictive

Truth- yes, it makes you blind too... masturbation is positive, it allows you to explore your sexuality regardless of age, gender or religion.

9. **Myth-** women can reach an orgasm from intercourse solely.

Truth- just about 80% of women are unable to reach "the promised land" by vaginal stimulation alone. The clitoris isn't a tiny door bell that you ring before you enter; its stimulation is a vital step in the search of female sexual bliss.

10. The G-spot is a **Myth...**

Truth- the G spot is the size of a quarter but worth millions...it's a mass of nerves located on the other side of the pubic bone around the upper wall of the vagina. It becomes engorged and can be felt only when a woman is highly stimulated and close to an orgasm.

Questions? Limor.blockman@gmail.com