

COSMO  
AUGUST 2017

# COSMOPOLITAN

Our First-Ever Country Issue

## Summer SEX Q&A

Super-Hot Info You Really, Really Need to Know!

Starring **Miranda Lambert**

Kick Back, Crack Open a Cold One & Get Ready for a Good Time!

HOW TO FIND A NORMAL DUDE ON A DATING APP

Cosmo Quiz Blowout!  
Take 'em With a Friend... If You Dare!

Never Let Another Big-O Slip Away!

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PHOTOGRAPHED BY ERIC RAY, STYLING BY JESSICA KAMAR, HAIR BY JESSICA KAMAR, MAKEUP BY JESSICA KAMAR

LEFT: SWEATER, Polo Ralph Lauren. SHORTS, Scotch & Soda. SNEAKERS, Chuck Taylor All Star. RIGHT: BIKINI TOP, Old Navy. SKIRT, Hilfiger Collection. BOOTS, Charlotte Olympia

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# Orgasms during sex can be like rainbows:

unpredictable and rare—well, at least for many straight women. Compared with any other gender and sexual orientation, hetero ladies ranked dead last in their likeliness to climax during their sexual encounters with a partner in the past month, according to a recent study published in the *Archives of Sexual Behavior*. In fact, while 75 percent of dudes said they always finish when getting it on, only 33 percent of women could say the same.

Yeah...we know. So not fair. And this pleasure gap between the sexes has been an issue for as long as women have been faking it (read: a very long time!). But now, we're getting some explanations. "Often, men don't know what they're doing," says the study's lead author, David Frederick, PhD, assistant professor of psychology at Chapman University. Nearly one-third of guys assume vaginal intercourse alone

will get most women off. In reality, however, only 20 to 30 percent of us can regularly hit a high note from penetration alone. The vast majority of us need clitoral stimulation.

Add to the problem that some straight women are failing to have an open dialogue with their men about the way they experience pleasure and orgasms, says Justin Garcia, PhD, a sex researcher at the Kinsey Institute and a coauthor of the study. And what are you left with? A sex life in which your guy gets his happy ending—while maybe thinking he's rocked your world too—and you lie there feeling unsatisfied.

Luckily, bridging the gap is possible—and your man will be happy to help. "Most guys want their partner to orgasm because satisfying their partner is tied to their self-esteem," says Frederick. Follow these tips and even the scorecard.



IT'S TIME YOU CAME OUT ON TOP.

## The "Oh, Yes!" Trifecta

Eighty percent of straight women always or usually orgasm when sex is composed of these three moves... and penetration is taken off the table.

### 1 DEEP KISSING

Stop for a steamy make-out on your front porch before you head upstairs. (#SorryNotSorry, neighbors!)

**2 MANUAL STIMULATION**  
Have your guy move the finger pads of his pointer and middle finger in a windshield-wiper motion over your clitoris.

**3 ORAL ACTION**  
Think of your clitoris as a clock, and direct your guy to lick the one o'clock spot—a supersensitive part for some women.

### Ask for What You Want

"No one can mind-read," says Mintz. So staying silent is the biggest mistake you can make. "By not saying anything, you're training a partner to do something that doesn't work for you." Instead, guide him with cues like, "Touch me here," "Harder," "Faster," or "Why don't we try this with me on top?" If no words come to mind, move his hands where you want them and show him how it's done.

### Give Positive Feedback

When bae is doing something oh so right, a little praise goes a long way. According to the *Archives of Sexual Behavior* study, a comment like "It feels so good when you rub me like that" (or even "I love you," if you're both ready for that) can make you more likely to reach your pleasure peak. Your guy may also remember the move for next time. ■

### Find Your Own Hot Zones

"When you ask women how they masturbate, a very small percentage solely put something inside their vagina," says Laurie Mintz, PhD, author of *Becoming Cliterate*. "But when they're with a man, they think they should orgasm differently." With this in mind, spend some solo time running an external vibrator, like Lelo's Mia 2 (\$85, lelo.com), all over your body. Remember where you experience toe-curling sensations so, later, you can tell your guy to focus on those spots.

### Slow Down With Foreplay

While men can go from normal to O face in 60 seconds, women's bodies need more time to build arousal, which involves lubrication of and increased blood flow to your lady parts. "When sex lasts longer than 30 minutes—and by *sex*, we're counting everything—women are much more likely to orgasm," explains Frederick. Pump the brakes by giving your guy a lengthy back massage, followed by an enticingly slow lingerie strip-down. Then tell him to take his time teasing you.

## Double Your Pleasure, Double Your Fun

These positions, adapted from our forthcoming book, *Cosmo's Sexy Sutra*, give you a free hand to handle yourself during the deed.



### The Very Good Morning

Lie on your stomach, and let him slide in from behind with his knees bent and arms supporting his weight at your sides. Move a hand down to your clitoris for double the feels.



### The Big V

While on your back, open your legs wide into the air (making a V shape) and let him grab your ankles while he thrusts. Rub your clitoris with your hand or twist your hips up against him.



### Steamy Slow Jam

Lie on your side with him behind you, in spoon position. He lifts your leg and enters you from behind. Let him rub your clitoris with his fingers, or hand him a vibe.