



UAF Research – College of Liberal Arts

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Mentor

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Sex Education and Female Pleasure; A
Comparison Between the United States and
Germany

Research Rationale



- Pleasure gap: Do you orgasm every time when sexually intimate? (Frederick et al., 2017)
 - Males (95%)
 - **Females (65%)**
- More education → more pleasure?
 - Germany
 - US
- Comprehensive sexual education & sex-positive framework → improves sexual health and pleasure (Klein et al., 2022; Harden 2014)
- Eligibility
 - Female, 18–25 yr.o., ≥ 1 sexual encounter with a male, proficient in English

Preliminary Findings



Trends Across Both Cultures

- Instructor comfort level positively correlated with using **3rd party sexual educators**
- **0%** report orgasm during first sexual encounter
- **77%** of participants faked at least one orgasm
 - to stop the intercourse, for partner's pleasure
- Popular adjectives to describe first intercourse
 - painful, awkward, fast/quick/rushed
- Most popular source of information: **Friends**

Preliminary Findings



Sexual Education Comparison

Where would you say that your general knowledge about sex came from?

- Germans said **school**
- Americans mentioned either **self-exploration** or **friends**

Sex education rankings

- Germany ranked formal ed. slightly **higher** in impact and quality compared to the US

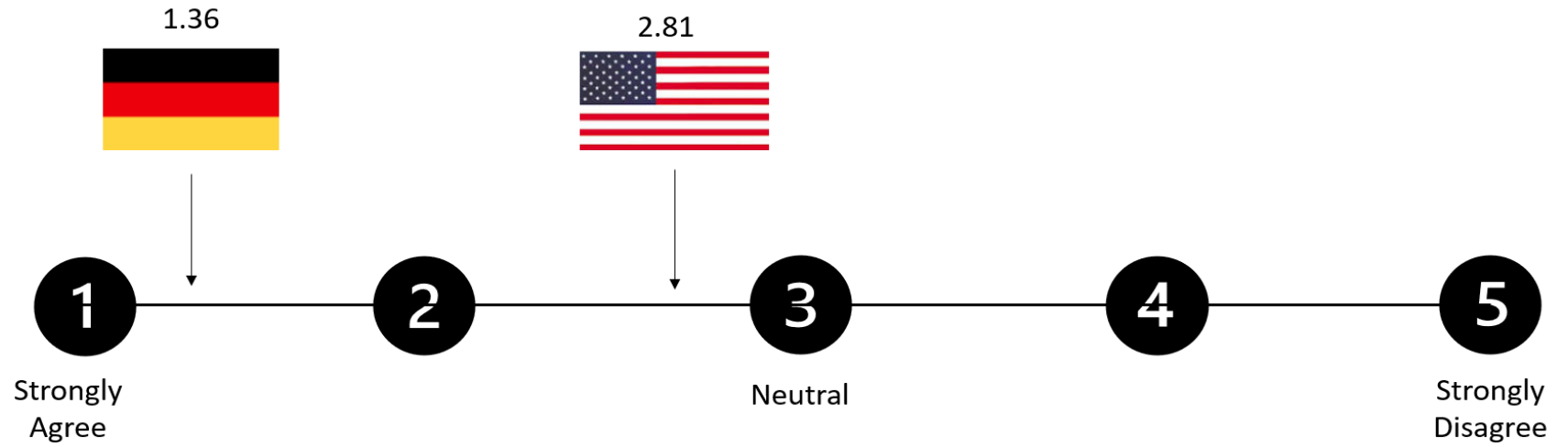
Did your ideas about sex change after your first vaginal intercourse?

- **45 %** of Germans
- **91%** of Americans

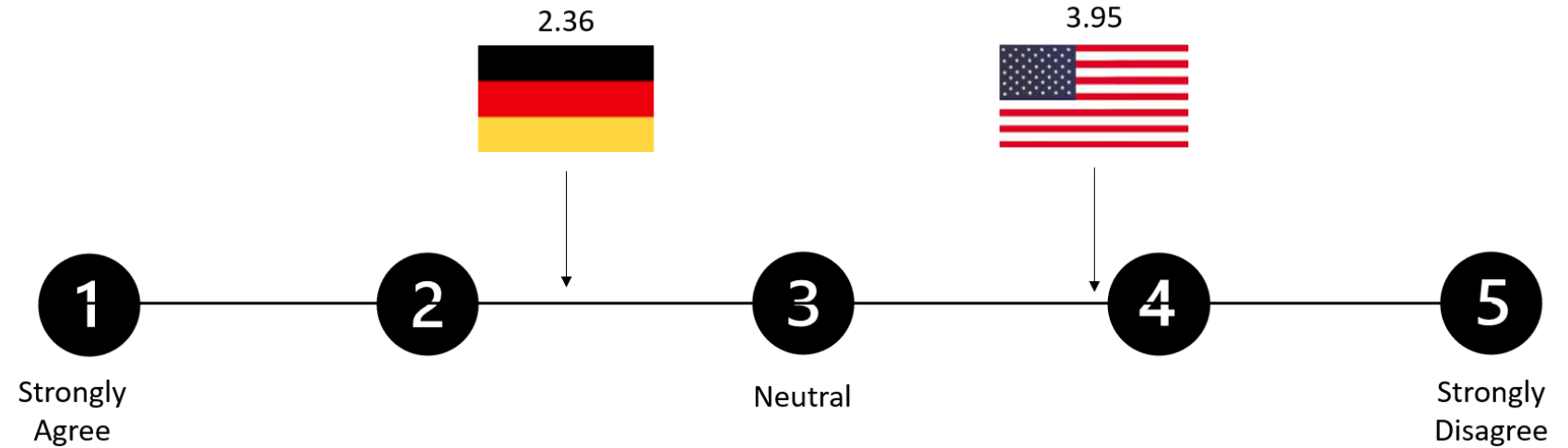
Did your school's sexual education include any information about masturbation, orgasm and/or achieving orgasm during partnered sex?

- **1 German had information**

My partner is willing to learn about my sexual preferences



My partner ensures that I have an orgasm during every sexual encounter, if I want to



Implications of the Research



EDUCATIONS SYSTEMS



RECOMMENDATIONS



FUTURE STUDIES AND
INVESTIGATION

Sources



- Frederick, D. A., John, H. K. S., Garcia, J. R., & Lloyd, E. A. (2017). Differences in Orgasm Frequency Among Gay, Lesbian, Bisexual, and Heterosexual Men and Women in a U.S. National Sample. *Archives of Sexual Behavior* ; Volume 47, Issue 1, Page 273-288 ; ISSN 0004-0002 1573-2800. <https://doi.org/10.1007/s10508-017-0939-z>
- Harden, K. P. (2014). A Sex-Positive Framework for Research on Adolescent Sexuality. *Perspectives on Psychological Science*, 9(5), 455–469.
- Klein, V., Laan, E., Brunner, F., & Briken, P. (2022). Sexual Pleasure Matters (Especially for Women)—Data from the German Sexuality and Health Survey (GeSiD). *Sexuality Research and Social Policy*, 1-9.