

Oh Man! 6 Fun Facts About Male Orgasms

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By Halie LeSavage

Orgasms are one of our favorite topics around these parts. Whether we're sharing flirty sex tips to get you there with a partner or gossiping about the latest toy that will give you a hand during solo play, dishing about our OH! moments is a blast. But what about the male orgasm? Let's chat.

I reached out to Smitten friend Dr. Rachel Needle (who provided our beginner's guide to anal sex!) to gab all about what's happening to a dude when he's making his O face.

Aren't male orgasms pretty straight forward? I mean, doesn't it usually go: stimulation for a little while and then BOOM?

Orgasms can be a bit of a mystery. Even when someone thinks they know everything there is...O O O OH there's more! Orgasm results in a muscular contraction, increased heart rate and blood pressure, and typically result in intense pleasure. But you all knew that! As if males weren't tricky enough to figure out, well so is their process of sexual pleasure.

__Fair enough! Let's start with the basics. Are some spots on a man's penis (or other areas!) more sensitive than others? What are some good places to pay attention to when you'd like to give your man some good loving? __

There are three ultra sensitive spots that can result in intense sexual pleasure. Most men have two very sensitive spots: 1. the frenulum (just underneath the head or "mushroom tip, as some like to call it); 2. the perineum (patch of skin between the testicles and the anus); and 3. the prostate gland (which can be stimulated externally by massaging the perineum or internally by inserting a finger or accessory in to the anus).

How long does a guy's orgasm last?

Orgasms do NOT last for 10 minutes. The typical male orgasm will last anywhere between 5 and 22 seconds of pure pleasure and wonderfulness.

__And do guys really fake it? __

Men fake orgasms too! Most people think it is just women that fake orgasms, but estimates are as high as 30% of young adult males have faked orgasms at one time or another. Simply faking an orgasm does not mean that they did not enjoy the sexual activity, as sexual pleasure can be plenty enjoyable even when it does not result in an orgasm.

But what about the, um, after product. Don't guys need to ejaculate to orgasm?

Men can have an orgasm without ejaculating. Yes, it's true—not all men ejaculate with orgasm! We tend to think of the male orgasm as ejaculating or "cumming," however men can have an orgasm without emitting any fluid. And guess what? It can feel just as great!

__How long do guys need to "rest" after orgasm before starting another hooking up session? __

Most men need time to "recharge" after orgasm and ejaculation. After an orgasm, most males are not able to have another orgasm for a period of time even with continued stimulation. That time frame can be anywhere from minutes to hours or even a day. For younger men this time period is typically much shorter, however the amount of time varies between men.

So does that mean they can't have multiple orgasms?

Men *can* be multiorgasmic! Some few men can have multiple orgasms during the same sexual encounter. However, this is not common and there are a few things you should know about them. First, as mentioned in the previous point, some men may take less time between ejaculations than others. So for those whose refractory period is shorter, it may appear that they are having multiple orgasms. Secondly, as mentioned before, some men can have orgasms without ejaculating. It is the ejaculation process that requires time between them. So, if a man has an orgasm without ejaculating, then he could potentially have a second or third orgasm with or without ejaculation. Remember, even though multiple male orgasms is possible, it is not all that common and sexual activity can be plenty enjoyable and satisfying with just one orgasm or even none.