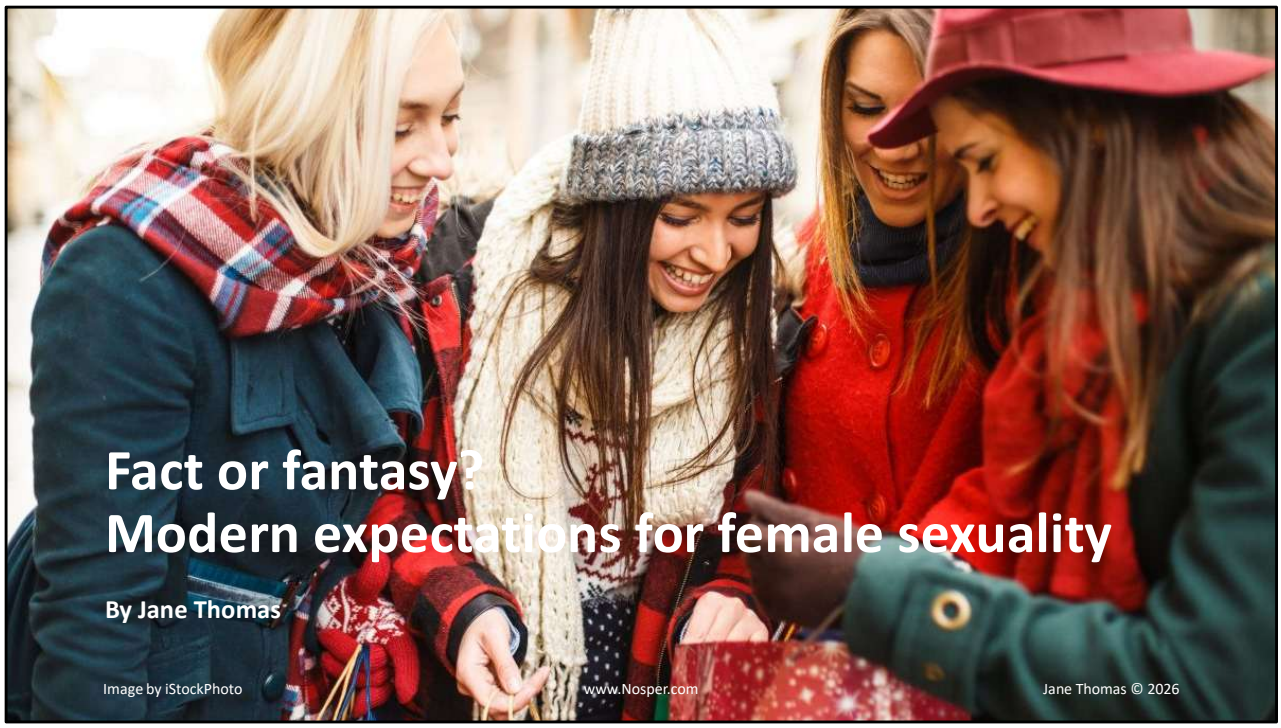


This presentation was created by Jane Thomas for: "The WEL 2026 International Women Entrepreneurship & Leadership Conference"

Venue: Venice, Italy
Dates: October 23–24, 2026

Academic references:

Kinsey, Alfred, Pomeroy, Wardell, & Martin, Clyde. Sexual Behavior in the Human Male. Indiana University Press. 1948.
Kinsey, Alfred, Pomeroy, Wardell, Martin, Clyde & Gebhard, Paul. Sexual Behavior in the Human Female. W.B. Saunders Company. 1953.
Hite, Shere. The Hite report. Macmillan Publishing Company. 1976.
Basson, Rosemary. The female sexual response: A different model. Journal of Sex & Marital Therapy 26.1 (2000): 51-65.
Nemati, Anna-Lisa & Weitkamp, Katharina. The female orgasmic state and the different dimensions of the female sexual experience: Lessons learned from expert interviews. Sexual and Relationship Therapy 38.2 (2020): 147-170.
Krasnow, Stefanie Sara, and Asa-Sophia Maglio. Female sexual desire: what helps, what hinders, and what women want. Sexual and Relationship Therapy 36.4 (2021): 318-346.
Margolin, Leslie. Eros under patriarchy: A study of Basson's 'sexual response model'. Psychology & Sexuality 13.5 (2022): 1204-1213.

RESEARCH findings

"According to some scholars, the allegedly high prevalence of female sexual dysfunction has to do with the fact that the standard of 'normality' is based on the male sexual response."

Krasnow & Maglio, 2021



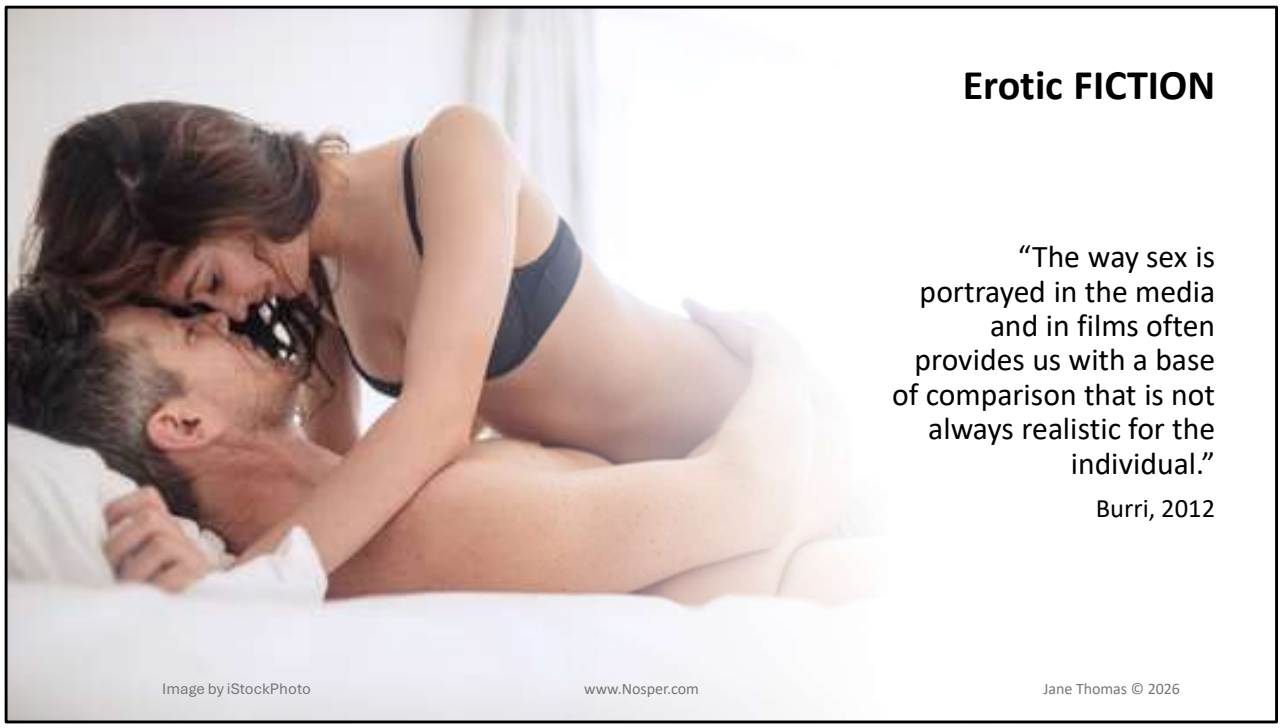
Asa-Sophia Maglio is a Professor at the Adler University in Vancouver, Canada, specialising in psychotherapy, and sex-positive therapeutic frameworks. **Sarah S. Krasnow** is a Clinical researcher focusing on sex therapy and relational intimacy.

In the title of my talk, FACT refers to the conclusions of the sex researchers.

In the 1950s **Alfred Kinsey** asked over 10,000 men and women about orgasm in private interviews. His work focused on orgasm frequency. The more orgasms we have, the more responsive we are. **Kinsey** found men are much more responsive than women on average. Men are aroused by a wide variety of erotic turn-ons.

Kinsey concluded that female orgasm occurs most readily (95% of the time) when a woman masturbates. But, on average, women masturbate much less commonly and frequently than men do. **Kinsey** noted that while intercourse is more often initiated by a man, masturbation relies on a woman's motivation.

Kinsey found that, while intercourse frequencies correlate with male responsiveness, they were unaffected by female orgasm. Nevertheless, men assume women's orgasm claims indicate female enthusiasm for intercourse. But without the knowledge of how to stimulate herself to orgasm, a woman cannot know what is involved in achieving arousal or what orgasm feels like. Sexual response, including orgasm, is a characteristic of male reproductive function.



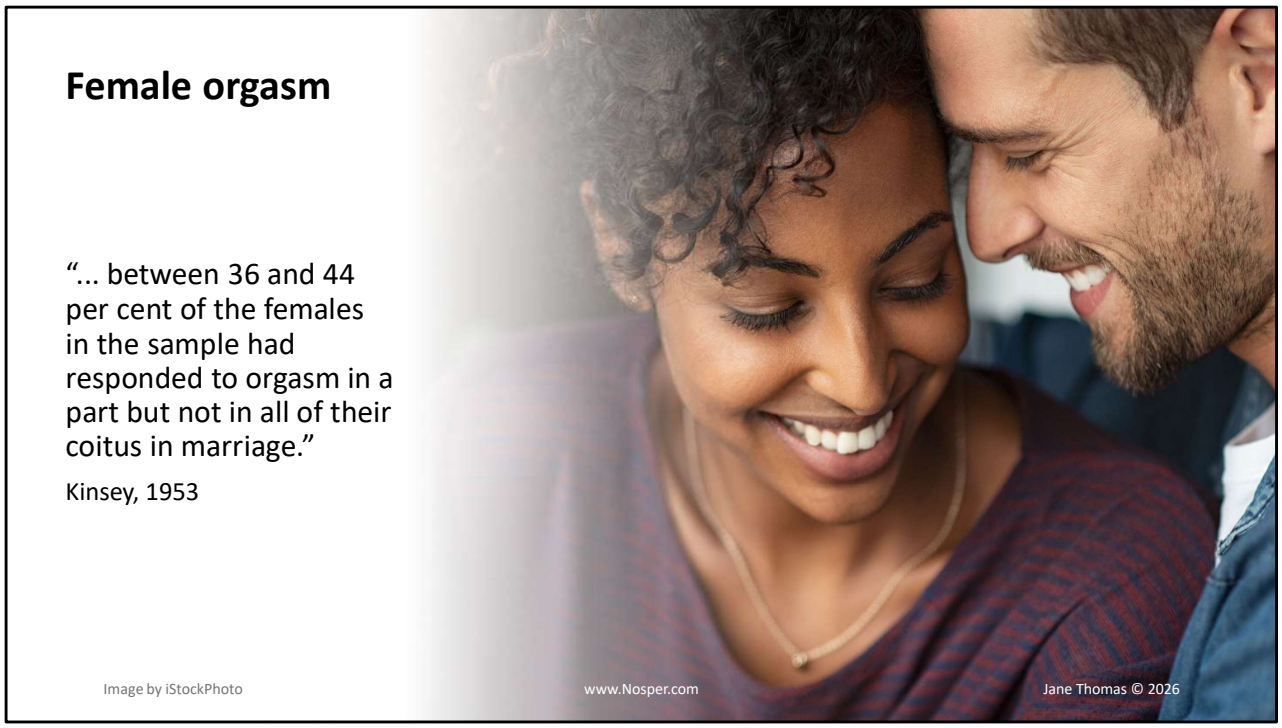
Andrea Burri is a clinical psychologist, who specialises in sexual medicine and female sexual dysfunction. Her research found no evidence for the belief in a female G-spot.

In the title of my talk, FANTASY refers to what we see portrayed in fictional media.

Many men are obsessed with their fantasies and female sexual response is a topic where male fantasies run wild. But pornography, for example, can become addictive. We need to remember that erotic fiction is aimed at entertaining us. Men use porn for arousal when masturbating alone. There is no harm in enjoying fantasies but knowing the facts may protect us against exploitation and manipulation by others.

I have found that most people avoid commenting on sexuality and sadly those, who do comment, are often promoting their own presumed sexual prowess. Any woman, who talks about sexuality to earn a living, is obliged to confirm male fantasies. This bravado silences other women and makes it difficult to know what the true picture is.

Fantasises can also be a problem when they create an expectation we cannot achieve. We may feel frustrated, isolated and a sense of failure. Such feelings can lead to issues with self-esteem and relationships. Erotic fiction is especially misleading when it comes to female sexual response because of men's desire for intercourse. Female sexual response is grossly exaggerated in erotic fiction and compounds the sexual ignorance of our society that provides no sex information for adults.



The excitement over female orgasm first arose when **Kinsey** announced his findings from talking to over 5,000 women. **Kinsey** found some couples were not even aware that women were capable of orgasm. Only 40% of the women in his sample said they sometimes had orgasms from lovemaking. This finding was translated into every woman should orgasm every time from coitus. Pressure on women was increased by relabelling 'frigidity' as 'female sexual dysfunction'.

Men orgasm from intercourse close to 100% of the time. When researchers ask women: "Do you orgasm from intercourse?" the implication is that it is possible. Inevitably, some women will say 'Yes'. But the percentages hover around an even split, indicating women's uncertainty about orgasm as well as the pressure on them to say they orgasm from the stimulation men provide during lovemaking.

Reliable contraception had just become available and the resulting increase in women's sexual willingness was interpreted as a new sex drive. Furthermore, women are only honest about orgasm when they are guaranteed anonymity. Women, who promote orgasm publicly, confirm male fantasies to make money.

Confusion arises because researchers have ignored the critical role of mental arousal in sexual response. Intercourse is easy for women because female arousal is irrelevant. But regular masturbation relies on a person being able to use fantasies that reliably generate the arousal needed to reach orgasm.



In the 1970s over 3,000 women replied anonymously to a questionnaire distributed by **Shere Hite**. Anyone who can answer explicit questions on orgasm must have confidence in their orgasm techniques. This probably explains why 82% of her sample said that masturbation ended in orgasm 95% of the time.

Hite proposed that clitoral stimulation should also cause orgasm with a lover. But she failed to establish this. While men orgasm from masturbation and oral sex around 100% of the time, only 44% of these women had regular orgasms from manual stimulation and only 42% had orgasms regularly from oral sex. More women thought orgasm was not possible than those who thought that it was.

Even though 30% of these women said they had orgasms from intercourse, they talked of sensual and emotional pleasure rather than orgasm. But any woman, who is familiar with orgasm, is likely to be disappointed when it does not occur.

But female masturbation techniques are ineffective with a lover. The intense focus on fantasy for mental arousal is incompatible with a sociable scenario. Neither is it possible to stimulate the clitoris correctly with a penis in the vagina.

Kinsey and Hite's work is ignored today because of the conflict with the fantasy view of female sexuality. Kinsey's research into sexual response especially is the most comprehensive we have. Women's honesty was so unpopular that no further research (based on surveying women in the population) has been done.

Give and take

"The rewards of emotional closeness — the increased commitment, bonding, and tolerance of imperfections in the relationship — together with an appreciation of the subsequent well-being of the partner all serve as the motivational factors ..."

Basson, 2000



Image by iStockPhoto

www.Nosper.com

Jane Thomas © 2026

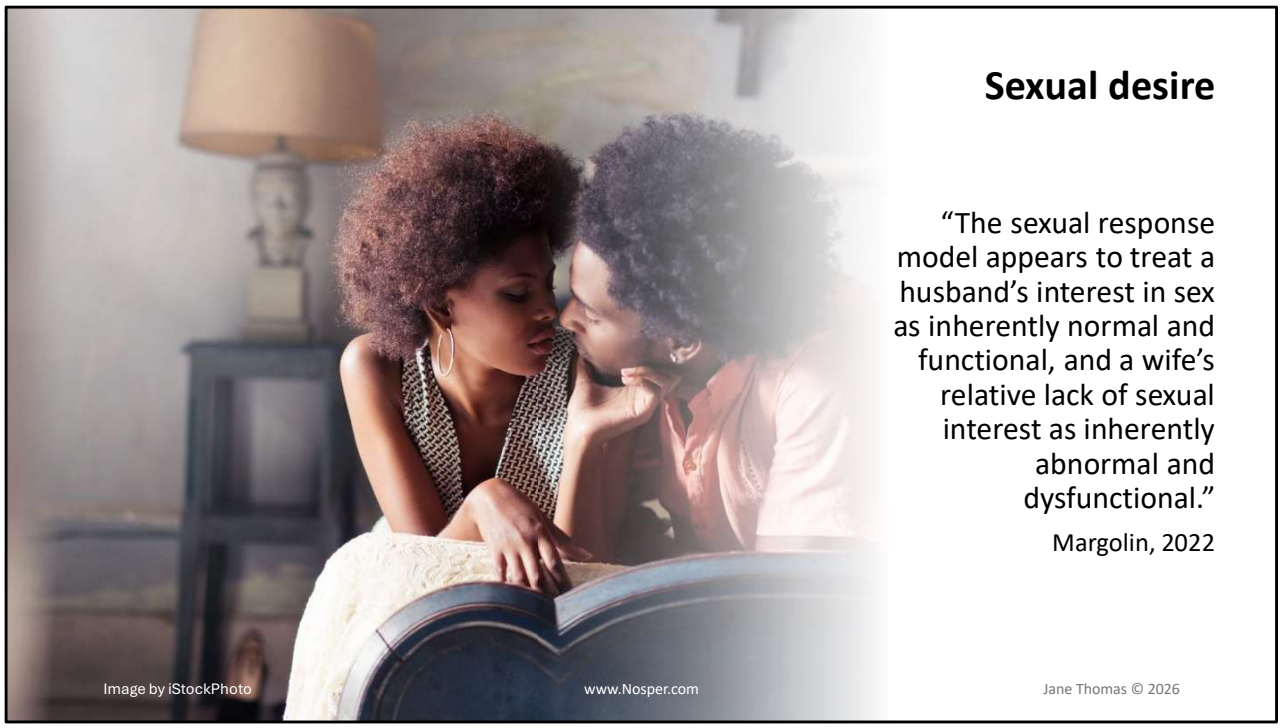
Rosemary Basson was a Clinical Professor of Psychiatry. She worked at the University of British Columbia (Canada) providing clinical care and research in sexual medicine.

The idea that women are men's sexual equals is hugely appealing because we can focus on our own pleasure and ignore the needs of the opposite sex. Relationships involve compromise and effort but this is correspondingly massively unappealing.

A man's sex drive guarantees a focus on intercourse. He cannot help it. A man experiences a significant and regular need for penetrative sex. He wants to believe that a woman will offer him the opportunities for intercourse that he values as a vital aspect of his masculinity. So he naturally hopes that intercourse pleasures a woman.

Just as a woman finds it takes effort to engage on a man's enjoyment of eroticism and interactive sex play, men find it challenging to respond to a woman's enjoyment of affection and mutually interactive companionship. Men rarely understand women's need to build trust by engaging in open and honest communication. The bonding process involves both partners openly sharing their personal thoughts and feelings.

A woman wants a man to respect her low motivation to engage in sexual activity that does little to arouse her. She wants him to show some consideration for the fact that she has no reason to enjoy genital stimulation as he does. But foremost a woman must feel that he has contributed to her happiness before she is likely to invest in his.



Leslie Margolin is a professor of psychology at the University of Iowa, USA.

I have enjoyed erotic fiction since puberty. But I found that my masturbation techniques did not work with a lover. Nothing else worked either. I had to accept that sex focused on male pleasure while I enjoyed my sexual response alone.

Owing to their acute arousal, younger men want quick intercourse. They want to enjoy the erotic pleasure of intercourse, both the mental turn-on of penetrating a vagina and the physical pleasures of thrusting, before they are obliged to ejaculate. So initially we engaged in intercourse-to-male-orgasm every time.

We consulted therapists and a sex clinic early on. But there were no explanations and no solutions. We were told that there was nothing wrong with either of us.

The sensual pleasures of male lovemaking and the rewards of the relationship may cause women to be amenable to offering intercourse. But they cannot cause orgasm, which relies on a mental response to erotic stimuli and stimulation of the organ equivalent to the penis. Most women never masturbate. So, the only time they can assume that they orgasm is when they respond to a man's desire for intercourse.

Both faking and sexual dysfunctions arise from the gap between fiction and reality. A responsive woman may be disappointed owing to unrealistic expectations. But failing to meet male expectations for female orgasm does not mean she is dysfunctional.

Variety and sex play

"… the idea has been widely accepted that the effectiveness of a sexual relationship must depend primarily upon the skill and the art of the male partner in physically stimulating the female."

Kinsey, 1953

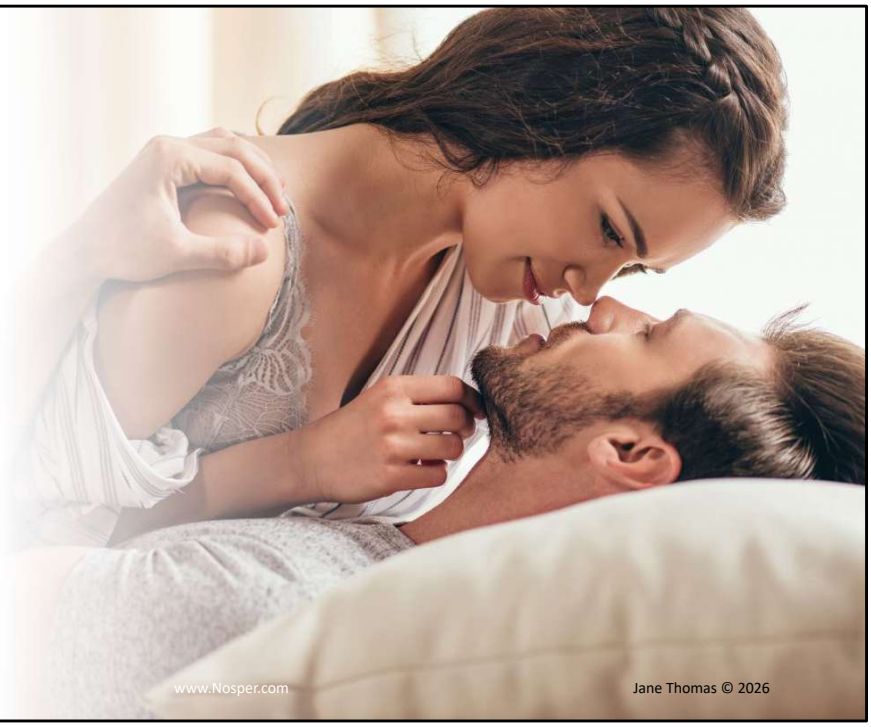


Image by iStockPhoto

www.Nosper.com

Jane Thomas © 2026

The misconception that a man can give a woman an orgasm arises because a man is sexually proactive with a lover owing to his mental and physical arousal, while a woman is correspondingly sexually passive owing to her lack of arousal.

No one can give another person an orgasm because sexual response occurs in our own mind when we engage on explicitly erotic scenarios that cause our mental arousal. Intercourse is designed to facilitate male sexual response because it is vital for human reproduction. But reproduction depends just as much on a woman's willingness to accept lovemaking until a man ejaculates.

Kinsey noted that many men only want intercourse and have no interest in foreplay. Many women never have sexual fantasies. Nor do they read erotic fiction. So the concept of fantasy and variety may be alien to many. But over decades together my partner and I found it was helpful to bring variety to our sex life by being willing to contemplate new ideas. This is a liberated view of sex.

Bringing some variety to your sex life includes using different positions (e.g. doggy & spoon positions) and different settings (such as in the shower & outdoors). Alternating quickies with more extended sessions (e.g. bathing or showering together & oral sex) may help. The use of porno movies (with some story context) and sex toys may increase female arousal. A woman can also offer spontaneous intercourse when she feels in the mood for intimate activity.



Nosper.com – the gateway to all my research & resources

"It was nice to find a site that is genuinely trying to help women with honest information and with no hidden agenda. It's about the only one on the web, I think."

Cathy

www.Nosper.com

Jane Thomas © 2026

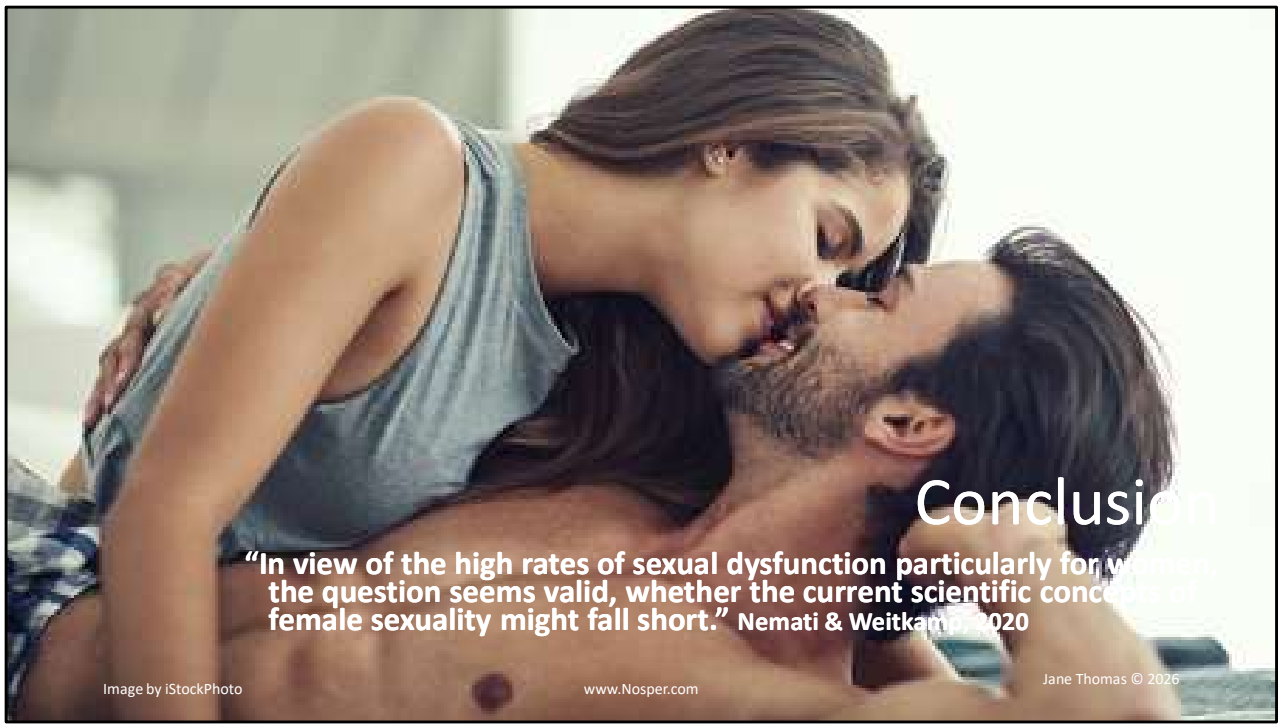
All my work is available for free via my websites: 'Ways Women Orgasm', 'Learn about Sexuality' & 'Love Sex Intimacy'. The same content is also available as a book of the same name (but without images) on Amazon for those who prefer a paper copy.

My work is published as articles. Each article has a heading and is short enough to read in one sitting. It is worth pointing out that I do not write novels. I write non-fiction, which is also an authoritative resource, so you cannot read it easily from start to finish.

My **research papers** summarise my conclusions. My **videos, presentations** and other resources explain my work and highlight some of the issues that I consider important to understand sexuality. I have documented my interaction with others via **text-based dialogues** and **testimonials**. I also provide many **quotations** from other researchers.

My motivation comes from the portrayal of female sexuality in our society, which has nothing in common with my own experiences. I have masturbated to orgasm regularly throughout my adult life and have had an active and rewarding sex life with my partner.

My research and conclusions are for adults, who are interested in understanding human sexual response. I highlight the assumptions and contradictions in portrayals of female responsiveness. My work discusses male and female sexuality in a wider context than just intercourse. For couples, who want to improve on what they already have, I suggest some ideas for bringing variety to your sex life and for having fun by exploring sex play.



Both **Anna-Lisa Nemati**, based in Hamburg (Germany) and **Katharina Weitkamp**, based at the University of Zürich (Switzerland) have doctorates in psychology.

My research involves asking women about sexual response. Very few women ever refer to masturbation. They talk of needing to feel an emotional connection with a lover before they may be amenable to lovemaking. This is why most women can rarely explain their orgasms in terms of erotic turn-ons and explicit stimulation.

Anyone, who researches sexual response, is an extremely rare individual. Their work is more often criticised than valued because of the conflict with unrealistic portrayals of female orgasm in erotic fiction. So, what can we conclude from all this information?

Firstly, some women fake orgasm to reduce the time they invest in sex. **Secondly,** owing to her lack of arousal, a woman must make CONSCIOUS effort to invest in her sex life. **And lastly**, a woman needs to ensure that a man understands her desire for affection, companionship and respect for the effort she makes by offering him regular sex.

We cannot change our different sexualities. But it may help if we have more realistic expectations. Women's enthusiasm should not be measured in terms of faking orgasm but in terms of their willingness to offer pleasuring. A woman needs to approach her sex life with a sense of fun and be willing to explore a variety of sex play. A knowledge of pleasuring techniques from erotic fiction helps. But a woman does not need to fake. She can give positive feedback during lovemaking by kissing or caressing her lover.