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The Path of Sexual Pleasure and Female Orgasm: Individual and Relational Aspects

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Introduction: Sexual pleasure is a central aspect of sexuality and one of the most important motivating factors for sexual activity. However, for centuries, women were influenced by feelings of shame and guilt about their sexuality, persisting a high degree of secrecy, devaluation and ignorance about sexual excitement, orgasms and pleasure, which limited their sexual exploration and well-being.

Aim: The main goal of this study is to explore female sexual pleasure and orgasm, and to understand how they are related to each other, and to different individual and relational factors such as sexual autonomy, masturbation, body dissatisfaction, sexual fantasies, sexual functioning, fear of intimacy, assertive sexual communication, sexual practices with partner, and partner-related variables.

Methods & Sample: A sample of heterosexual and sexually active Portuguese women, aged 18 or over, will answer an online protocol that will include a general introductory questionnaire, and a set of questionnaires (e.g. SPS, GBDs, FSFI, HISA, HISF, FICQ).

Expected Results: We expect to find strong positive correlations between sexual pleasure and orgasm, and strong associations between sexual pleasure and orgasm, and the different individual and relational factors.

Keywords: Sexual pleasure, Orgasm, Sexual assertiveness

Conflict of Interest and Disclosure Statement: None

Erotismo deconstruido: Placer y empoderamiento

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Introducción y justificación: El presente trabajo se ha hecho desde hace 2 años en diferentes lugares e instituciones, comenzó siendo un taller de movimiento hasta convertirse en uno de erotismo, de constructivo y de empoderamiento personal, a partir del placer, la conciencia corporal, y rompimiento de creencias patriarcales. Se hace necesario para toda persona que tenga miedo o no sepa cómodo mostrarse, de empoderarse, no solo en su erotismo y placer sino en su

cotidianidad, ya que este taller apoya todas las áreas de la persona.

proyecto/población y ajustes: este proyecto abarca a cualquier persona, de cualquier edad igual o mayor a los 18 años, sin importar sexo, género, identidad de género y orientación sexual. La persona más joven ha sido de 18 años y la más grande de 80. Se ha dado a grupos mixtos y solo a mujeres, también se ha dado